

Finding Solutions to Help Seniors Age in Place

Turn, Turn, Turn

by Laura Lee Yates

Life is a journey with twists and turns, and it doesn't come with a map. When Linda McCone grew up in California and became a high school teacher of science and Spanish, she couldn't have imagined she'd become the program director for North Fork Senior Connections. Soon after 9/11, when Linda McCone's mother got lost on her way to a familiar airport and



threw away her cell phone, it was time for a visit to the doctor. A neurologist explained that her brain had shrunk. Mom went into assisted living, then memory care, and finally hospice. That led to Linda becoming an ombudsman for the elderly.

"I found out that I got more out of being with dementia patients than teaching high school." As a program director for Lutheran Community Services in Tacoma, Linda developed Memory Café, Senior Friends, and classes for memory loss and caregivers. She retired on June 15, 2018, moved with husband John Valentine to Paonia on June 28, and by July 3 had become a volunteer with seniors in the North Fork Valley. "Linda and I both arrived in Paonia at roughly the same time in 2018," explains Bruce Woodside, the Board chair for Senior Connections, "and encountered each other at the sign-up booth for NFSC's predecessor, 'A Little Help,' during Cherry Days that year. Linda and her

husband John have become our good friends and colleagues over these years, and Linda in particular fully embraced the mission of the organization—even to the point of focusing that mission by helping transform our efforts into the locally-controlled non-profit that is now North Fork Senior Connections. She was literally there at its beginning, inventing the job of day-to-day management of the organization. During these past few stressful years, she has steered a steady course for members and volunteers alike in ways too numerous to count." Linda McCone will be deeply missed as North Fork Senior Connections' program director, but successful organizations survive change and we'll continue to help older adults age in place with dignity. Besides continuing as the ombudsman for the Paonia Care Center, Linda will help keep the Paonia Senior Center vital as its new vice-president. Beginning on April 19, she'll also assist Randy Campbell in leading a free 8-week course to "Boost Your Brain & Memory." It's said that, "Old age comes at a bad time: When you finally know everything, you start to forget everything you know!" Taking action can make a big difference. To keep your brain sharp, join North Fork Senior Connection every Tuesday at 2pm at the Paonia Senior Center.

A "Mike's Hike" just for us!

North Fork Senior Connections and the Western Slope Conservation Center sponsors a Senior Connections Riparian Hike led by Julie Sapeña at Confluence Park in Delta on Thursday, April 14th. It will be flat 1-2 miles depending on group preference. Limited to 12 participants—RSVP required. Please contact Laura Lee at NFSC to sign up: 970.527-3482 or nfseniorconnections@gmail.com. Meet in the Paonia Senior Center parking at 9:30 AM to arrange carpools. Return about 12:30 - 1:00 PM. Wear comfortable walking shoes (walking sticks can also be helpful) and a hat, sunscreen, water and snacks.



We have a new email address! Please reach out to us/add us to your contacts list at: info@nfseniorconnections.org

Step back in time on a historian-led tour of Fort Uncompahgre Interpretive Center in Delta. Visit the replica of an 1820s-era historic fur trading center on a 75-minute tour on Thursday, MAY 5 at 11AM. Limited to 20 people, RSVP required. Transportation available if needed. Tour \$4 per senior.



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April Birthdays



Happy Birthday to:

Debbie Kimball 4/5	Marion Stewart 4/5
Bruce Woodside 4/10	Joany Hunt 4/16
Sharon Campbell 4/17	Linda Talbott 4/19
Lynn Mattingly 4/21	Jackie Slater 4/22
Phyllis Swackhamer 4/23	Liz Bucy 4/23
Jan Simmons 4/28	Kathy Thompson 4/28

MARK YOUR CALENDAR for MAY! Spring SERVICE SATURDAY will be MAY 14th. If you need help with seasonal chores or know a senior who does, have them call us ASAP. If you want to volunteer, let us know so we can order plenty of pizza!

Calendar

What's Happening in the North Fork Valley in March

Garden Talk Mon, 4/18, 9:30 Composting- look at easy and cheap ways to compost kitchen waste. Also time for question and answer on ANY gardening topics. Weekly topics will follow. See NFSC website

Free 8-week course **"Boost Your Brain & Memory,"** 2:00 every Tuesday beginning 4/19, Paonia Senior Center. (See first article)

Walk the road above Eagle Rock in Hotchkiss with congenial company every first Wednesday of the month, weather permitting. Meet at the Coal Train at noon. Paonia River Walk all the other Wednesdays, weather permitting—meet at the gazebo at 11:30.

Stay Active and Independent for Life (SAIL) Exercise and fall prevention classes presented by the North

Fork EMS: Paonia Senior Center – Tues & Fri at 10-11am Hotchkiss Memorial Hall – Mon & Thur, 9:30am Crawford Town Hall (Advanced) Tues & Thurs 5:30-6:30 pm

Book Club for Seniors – 4/18 @ 1:30 pm Paonia Senior Center. This month's topic is "Collateral Damage: from war/imperialism/politics, fiction or nonfiction.

Write Your Life- Memoir for Seniors every Wednesday at 1:30, facilitated by Yuri Chicovsky.

Senior Meals– Senior Centers open for VOA Lunch (also Available for Pick-up) M,W & F: Call Debbie at (970) 874 - 7661 for more info or to sign up.

Hotchkiss Senior Center now serves hot meals cooked on the premises Tues and Thurs at noon! 872.3494

Caregivers' Support Group Thursdays, 1 – 3 pm via Zoom. Contact Gayla Michaud for information at 970.825.6288 or email GAMich76@outlook.com